

The Gallaudet Guide, AND DEAF MUTE'S COMPANION.

An Independent Monthly Journal,----Devoted to the Interests of Deaf Mutes.

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The Gallaudet Guide,

AND

DEAF MUTE'S COMPANION,

Published on the First of every month by
THE NEW ENGLAND GALLAUDET ASSOCIATION
OF DEAF MUTES.

Devoted to the interests of Deaf Mutes in
particular, but designed to contribute to the
information of all.

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sertion in the paper should be sent to William
Martin Chamberlain, South Reading, Mass.

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THE HEROINE OF SIBERIA.

Prasovie Lopouloff was the real
name of a girl who about the year 1795,
made her way, many hundreds of miles,
from Siberia to St. Petersburg, to beg
the Emperor of Russia to release her
husband, who was in prison. She was
months in making the journey. Siberia
is a part of the Russian Empire, and
one of the coldest countries in the world.
The adventures of Prasovie have been
made the subject of a popular story en-
titled "Elizabeth or the Exiles of Sibe-
ria," by Madame Cottin, a French lady.
The incidents of the following dialogue
between Prasovie and the Empress at
St. Petersburg are strictly true.

EMPERESS. Come nearer to me, child.
Sit by my side. I wish to hear more of
your story. What first prompted you
to this undertaking? Did your father
urge it?

PRASOVIE. O, no! lady. My father
opposed it strongly. It was long before
I could get his consent. But I prayed
to heaven that he might be made to
yield, and, at length, my prayer was
granted, and I set forth on my way with
a glad heart.

EMP. And was your mother equally
opposed to your enterprise?

PRAS. At first she laughed at me
for what she called my wild scheme;
but after a year or two, seeing that I
did not give it up, she believed Heaven
had put the thought into my mind and
so she began to favor it.

EMP. But how could you suppose
that you could get access to the Emper-
or? You were very poor, and without
friends. How did you expect to get a
hearing?

PRAS. I believed God would raise
up friends to a daughter whose object
was to save her parents from exile and
despair. And I had faith in his protec-
tion, and it never failed me.

EMP. But did you encounter no ad-
ventures on your long and dangerous
journey? Were you never in peril?

PRAS. O, yes! I was twice taken
ill, and once came near being drowned.
On one occasion I arrived late at a vil-
lage, and sought a lodging in vain. At
last an old man, who had previously re-
pulsed me, followed and invited me into
his hut. There I found an old woman.

But both these people had a bad expres-
sion of countenance, which alarmed me.
The woman closed the door silently
and securely after I had seated myself.

They asked me whither I was going. I
told them to St. Petersburg; on which
the man remarked that I must have
plenty of money about me, to be able to
undertake so long a journey. I told

them what was true, that I had only a
few *ko-pecks*: But they in a harsh man-
ner accused me of lying.

EMP. Dear child, were you not
greatly terrified? These people must
have been robbers. How did you sup-
port yourself under such a peril?

PRAS. They told me to go to bed.
I did so; but I took care to leave my
wallet exposed so that they might see I
had told the truth, if they chose to ex-
amine it. About midnight I was roughly
awakened, and saw the old woman
standing over me. My blood ran cold.
She had examined the wallet and been
disappointed on finding it so empty.

I begged hard for my life; and pro-
tested that I had no more money. But
the old woman without replying searched
my dress and made me take off my
boots that she might look also into them.
The old man held a light while the
search was going on. Finding that all
was in vain, they left me.

EMP. Did you not at once try to
make your escape? How did you know
that they might not attempt some serious
violence—angry at not finding anything
worth stealing upon your person?

PRAS. At first I thought of trying
to escape. But then, dear lady, I re-
membered that God had protected me
thus far and I fully believed he would
continue to care for me. I prayed to
him fervently. I prayed for my parents
—for myself—for the wicked old man
and woman in whose hut I was—and, at
last, I sank into a sweet sleep.

When I awoke in the morning, the
sun shone brightly in at the frosty win-
dow, giving the iceicles and gleaming on
the snow. The old man and woman
were bustling about to get breakfast.
Expecting cruel treatment, I descended
fearfully to the floor.

What was my surprise on being kind-
ly greeted by the old woman with "Well,
dear, have you had a nice sleep?" I told
them I had slept well and now wished to
go. But they begged me to sit down
and eat some soup.

EMP. It was a trick to poison you I
fear; and their good humor was feigned,
most likely. I hope you did not eat
anything.

PRAS. Indeed, but I did, dear lady;
I ate heartily, for I was very hungry.
The old people questioned me, and I
told them my whole story; how I had
left Ischim without money, and was beg-
ging my way to St. Petersburg to en-
treat the Emperor to release my father
from exile.

Will you believe it, dear lady? I saw
the tears come into the eyes of these old
people as they listened to my story. The
old woman drew me aside, and begged
me to forget what had happened.

"Think it was a dream," she said.
"Your goodness and pitiable condition
softened our hearts; and you will find,
when you next count your money, that
we are not the people you take us for."

They both kissed me, and I bade them
good-by. After I had walked a few
miles I had the curiosity to open my
wallet, and found, to my astonishment,
that they had added forty *ko-pecks* to my
little stock. And yet this wretched old
couple, as I afterwards learned, had the
character of being robbers.

EMP. Your artless manner and affect-
errand melted even their sinful, stub-
born hearts; or, it may have been that
your prayer for them was not unheard
in heaven; and that a seed of redeeming
goodness was planted in their hearts,
and watered by those tears which you
made them shed.

PRAS. I will hope it. But tell me
dear lady, is there any hope for my fa-
ther? When will his case have a hear-
ing? O, how encouraged he will be
when he learns that I have been admit-
ted here,—into the imperial palace,—
and treated kindly by the empress her-
self!

EMP. I have delightful news for
you, my child. This paper which I

hold in my hand, is an order from the
Emperor for your father's release, and
for the payment to him of a sum of mon-
ey sufficient to defray the expense of his
journey to the interior of Russia. There!
take a glass of water, dear. Do not
faint with joy. Bear up! Bear up!

EXAMINING BOTTOMS OF WELLS.—It
is not generally known, we think, how
easy a matter it is to examine the bot-
tom of a well, cistern, or pond of water,
by the use of a common mirror. When
the sun is shining brightly, hold a mir-
ror so that the reflected rays of light will
fall into the water. A bright spot will
be seen at the bottom, so light as to
show the smallest object very plainly.
By this means we have examined the
bottoms of wells fifty feet deep, when
half full or more of water. The small-
est straw, or other small object, can be
perfectly seen from the surface. In the
same way, one can examine the bottom
of ponds and rivers, if the water be
somewhat clear, and not agitated by
winds or rapid motion. If a well or cis-
tern be under cover, or shaded by
buildings, so that the sunlight will not
fall near the opening, it is only necessary
to employ two mirrors, using one to
reflect the light to the opening, and an-
other to send it down perpendicular
into the water.—Light may be thrown
fifty or a hundred yards, to the precise
spot desired, and then reflected down-
ward. We have used the mirrors with
success to reflect the light around a field
to a shaded spot, and also to carry it
from a South window through two rooms,
and then into a cistern under the North
side of the house. Half a dozen reflec-
tions of the light may be made, though
each mirror diminishes the brilliancy of
the light. Let any one not familiar
with this method try it, and he will find
it not only useful, but a pleasant ex-
periment. It will, perhaps, reveal a mass
of sediment at the bottom of the well,
which has been little thought of, but
which may have been a fruitful source of
disease, by its decay in the water.—*New
Hampshire Journal of Agriculture.*

"THERE IS MANY A SLIP BE- TWEEN THE CUP AND LIP."

Somewhere in the South, a negro who
happened to be passing a garden, began
to show the white of his eyes at the
tempting sight of some water-melons of
extraordinary size, reflecting the twink-
ling light of the moon and stars. He
was not less tempted by habit than by
the cravings of his stomach, and in short
he fell upon a nice water-melon, when
his guilty ears caught some noise along
the road near by. He stopped to wait
until the gentleman on horseback, al-
ready betrayed by the noise, should have
passed. To the disappointment of the
would-be melon-stealer, the rider stop-
ped, and dismounted from his steed.—
The negro, it is worthy of remark, had
the presence of mind to straighten him-
self and stand still on the spot. The
rider quietly walked into the garden and
lighted on a water-melon, which when
struck by the finger, sounded awfully,
and loudly enough to awake the watch-
dog. Having by some means left his
knife at home, if he had any, he looked
around as if he was thinking how he
should break the melon. A black stump
met his eyes, and he, with all his might,
threw the melon against it, when lo! with
a shriek, the black stump jumped up and
disappeared into the obscurity of the
night. The gentleman, being convinced
that he had unexpectedly hit a stray
devil, took to his heels, and wanting

trust in them, he made his steed show
his bright-shoes. Thus did end the events
of that night, and thus was the garden of
water-melons saved from depredation.

A NOVEL CASE AT LAW. Mr. Church
of Montville, Connecticut, owned a hen.
The hen took a notion to set. Mr. Church
encouraged her in it to the extent of
giving her sixteen eggs to commence on.
With commendable industry the hen
went to work, "setting." For one week
she devoted herself to it without inter-
ruption. At the end of that time Mr.
Tinker's turkey came along that way,
and crowding the hen off her nest, took
the business of incubation under her
own wings. Being more 'on her muscle'
than the hen, she maintained her posi-
tion until a brood of chickens stepped
out of the shell and peeped. The
turkey then took the chickens in tow
and returned to Mr. Tinker's residence
and her own. Mr. Church brought an
action of trover for his chickens, claim-
ing them on the ground that his hen laid
the eggs and did the best part of the
setting. The case was tried on Satur-
day, and judgment was given for plain-
tiff to recover eight cents apiece for the
chickens.

MR. EDITOR.—The following letter
was addressed by a teacher to a pupil
whose conduct had been such that it be-
came necessary to dismiss him from the
institution. Thinking it might possibly
be useful to some of your youthful read-
ers, I obtained permission to send you a
copy. Names and dates are purposely
omitted, and one or two other slight
omissions and variations have been made
from the original, otherwise it is a liter-
al copy. Yours, &c.

A TEACHER.

"MASTER:—I was sorry not to see
you and bid you good-bye. I was not
well enough to come to the institution
on Friday evening. I want to give you
some parting advice. You must find, as
soon as you can, some steady work, if
you only earn enough to pay your board.
You must not be idle. You must not
use any tobacco. It will so disorder
your brain as to make you quarrelsome
and easily angry, and will make you
want to drink and do other bad things.
Take no tobacco. Drink only water.
Do not swagger about like a nude, coarse
vulgar rowdy, but behave like a gentle-
man. Do not be quarrelsome with any
body. Do not be cruel or abusive to
those who are younger and weaker than
you. It is dishonorable and mean to do
so. Be industrious. Be obedient and
faithful to your employers. Help your
mother as much as you can. Do not go
with any bad companions. Be always
polite and respectful to the ladies, and
when you get old enough, and have
money enough, or a good employment,
you can marry a good wife. In the
meantime, keep yourself pure. Fear
God and keep his commandments. If
you sometimes get angry and so in-
to trouble, do not be discouraged but
try again. If you try, you will over-
come your anger, by degrees, as you
grow older.

If you do as I advise you, you will be
a respectable, a prosperous and a happy
man. If you do otherwise, you will be
a poor, miserable creature. I have
known some bad boys reform and be-
come happy men. I hope, after some
years, to see you the same. Your friend
Mr. —, will, I dare say, be willing to
help you and give you good advice. If

ever I can help you, or advise you about
anything, I shall be happy to do so, if
you will write to me.

I enclose postage stamp, 35 cents,
with which you can buy yourself a nice
new testament.

I advise you to read your history of
England all through, and to find other
good and interesting books to read.
Avoid all bad books as you would poi-
son. May God bless you, and help you
to resist the devil, and keep you from all
evil.

Your sincere friend.
P. S. The cards are burned. I
think you had better not play cards.

Yours,

COMPOSITION OF APPLES.—Every one
will understand that the various sorts
of apples differ much in composition,
yet, in an average condition, one
hundred pounds of fresh apples contain
32 pounds of fiber, 2 pounds of gluten,
fat, and wax, .16 of cassien, 1.4 of albu-
men, 3.1 of dextrine, 8.3 of sugar, .3 of
malic acid, 82.66 of water. Beside the
above mentioned elements, the apple
contains a small quantity of tannic and
gallic acid, most in the russets.

To these acids, apples owe their as-
tringency of taste, and the blackening
of iron or steel instruments used in cut-
ting them. The percentage of ash in the
apple is small, yet it is rich in phosphoric
and sulphuric acids, potash and soda.
The dry matter of melons contains
quite a large percentage of albumen,
cassien, sugar and dextrine, with a small
quantity of acid.

"NOBODY BUT A PRINTER."

Such was the remark once made in our
hearing. "Nobody but a printer," in sooth!
It makes our blood run rampant through our
veins, to hear such expressions fall from the
lips of those nursed on republican soil.
"Nobody but a printer, anyhow!" Who
was Benjamin Franklin? "Nobody but a
printer!" Who was William Caxton, one
of the fathers of literature? "Nobody but
a printer!" Who was Earl Stanhope?
"Nobody but a printer!" Who was Gover-
nor Armstrong, of Massachusetts? "No-
body but a printer!" Who were Governor
Bigler, of Pennsylvania, and Governor Big-
ler, of California? "Nobody but printers!"
George P. Morris, N. P. Willis, Joseph
Gales, Charles Richardson, James Harper,
Horace Greeley, Bayard Taylor, Robert
Sears, Senators Dix, Cameron and Niles,
and our worthy Vice-President elect, Hon.
Hannibal Hamlin—who are they? "No-
body but printers, anyhow!" One thing is
evident: every person that chooses can't be
a printer.

VALUE OF DRESS. A woman lacks some
womanly virtue who dresses ill, or who is
indifferent to dress; it argues a defect in
her organization. The secret of men's prej-
udice against "strong-minded women," is
that they are supposed to wear clumsy boots,
short petticoats, and to have thick ankles.
Let not woman rashly give ear to exhorta-
tions which would go to prove dress a van-
ity and waste of time. A woman who would
be well dressed must take time and give
consideration; it cannot be achieved with-
out. Let no woman despise dress.

Sheridan Knowles, it is said, in his
new relations abhors, as much as he loved,
the drama. The publishers who hold the
copyright on his plays, pay him a certain
sum on the sales, which he takes under pro-
test.

The cost of gas in four cities and
towns in New England. The lowest is Bos-
ton, \$2.25 per thousand feet; the highest,
Salem, \$3.60. The average is about \$3.21.
In Cambridge, the price is \$3.50. The
price in Charlestown is the same, but the
Directors of the Charlestown Gas Company
have voted to reduce the price to \$3.00.

A frantic poet of the "conservative"
school calls women "a mighty lever," evi-
dently alluding to the prying disposition
attributed to the sex by unmarried philoso-
phers.

THE GALLAUDET GUIDE.

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BOSTON, DECEMBER, 1860.

In our last issue we said that we intended to enlarge the Guide, and increase the subscription price. This we did with the authority of the Executive Committee. We are now obliged to say that we do not know anything about it. The Committee have not told us what they are going to do, farther than they intend to continue the *Guide* in 1861. They have chosen Amos Smith, Jr. Esq., as Senior Editor, and offered us the situation of Junior or Assistant Editor. As they wished us to serve without any pay, we of course declined, to say nothing of our not liking to play second fiddle to anybody.

This, therefore, is our parting salute to the public; we have fulfilled our duties to the best of our ability, and are willing to abide the result.

The Committee have several reasons for not wishing us to continue in the Editorial department; one is, that we are not always willing to do as they think best; we would not consent to be tied hand and foot, and to be guided in all things by them. If we had done so, the post of Editor would be a humbug, and the Executive Committee might as well have edited the "Guide" themselves and thus saved our salary. There are always some persons who think that they could do things better than others, and in such a case, will, if they have the power, usurp the office and do the work themselves, or try to. The chief reason, however, seems to be that we will not edit the paper without a salary; if they can save anything by leaving us out, we shall be very glad.

Of our successor in office, Mr. Smith, we have nothing whatever to say; time will tell the public what his abilities are in the editorial line, and we shall turn our attention to something else.

We are not at all surprised at the turn which affairs have taken, indeed we had expected to be passed over, and wishing the "Guide" all prosperity, and its new Editor all success, and an extended list of subscribers, we make our exit from public life, and those who have hitherto patronized the "Guide," will please understand that Wm. Martin Chamberlain, of South Reading, Mass., has no further connection with the "Gallaudet Guide and Deaf Mute's Companion" and will govern themselves accordingly.

ERRATA. In Mr Flournoy's article, in the November Guide, leave out "and that is" in the first paragraph; in the eighth, for two days were occupied in creating the "whale" read whole; in the last paragraph, for Mosaic "Record" read Records.

These blunders are more the fault of Mr F's bad handwriting than of the Compositor's.

Mr. Smith's Lecture Before The Boston Deaf Mute Christian Union.

The promised Lecture from Amos Smith, Jr., Esq., was not delivered until two weeks after its appointed time, owing to Mr. Smith's engagements. He chose for his Subject, "Home and Home Influences." The following is a sketch. He dwelt at some length upon the Fall of Adam and its consequences. Marriage being a divine ordinance, Home was a divine institution; its provisions and its conditions had remained up to the present day unchanged. Man had many times tried to alter the provisions but always with a bad result. Home influences and pleasures were not to be compared to any others. A man should have but one wife to superintend his home; there are those who would have more but the result was evil. In illustration of this he referred to Utah and the Mormons; he thought the present bad state of affairs in that Territory was owing entirely to Polygamy, or having an unlimited number of wives.

A happy home could be established either in the city or the country, but the country was preferable on many accounts. The city was the work of man; the country the work of the Creator. In the city you must conform more or less to the fashions, and the vanity; the dissipation and the various other requirements of the world would be a heavy item of expense. In the country the expense was much less and you could do much as you pleased.

There were certain conditions on which a happy home depended. Money was a thing which was desirable; some thought they must have a large sum before marriage; that was altogether dependent upon the kind of woman chosen for a wife. While it was well to be careful in the choice of a wife, it was also well to adapt the style of living to the means.

Commend us to the girl who works for a living; in her we are always sure to find the elements of a true woman—a real lady. We are not prepared to see a mincing step—a haughty lip—a fashionable dress, or hear a string of splendid nonsense about the balls and young men, the new novels and the next party. No, no, but we are prepared for words of good sense, language becoming to women, a neat dress, a mild brow, and to witness movements that would not disgrace an angel.

You who are looking for wives and companions, turn from the fashionable, lazy and haughty girls, and select one from those who work for a living, and never, my word for it—will you repent your choice.

You want a substantial friend, not a doll; a help-mate, not a help-eat; a counsellor, not a simpleton. You may not be able to purchase every new novel, but you may be able to take one valuable paper.

Be careful, then, where you look for companions, and whom you choose. We know many a foolish man, who, instead of choosing an industrious and prudent woman for a wife, took one from the fashionable stock and is now lamenting his folly in dust and ashes.

There was a great difference in the capacities of mute and hearing people but that was no reason why mutes should not have a home, and a happy one too. There are too many unhappy homes, but the fault can always be traced to some fault of the married couple themselves. A man should not be too selfish of his wife. He should not consider her as so entirely his own as to allow of no affection to spare for friends and relatives; he should allow her to a certain extent, to mingle with the world and enjoy herself. But a woman's true sphere was to make home happy. The happiness of a home, and the good influences thereof, depended more on the woman than on the man. The children, from constant association with their mother, were more influenced by her than by the father, who, being often much from home, had few opportunities of influencing them, beyond setting them an example when at home. Home was of Divine origin—its duties and pleasures were clearly defined in the Bible. Societies, Associations or other combinations which had in them anything contrary to the Bible, seldom prospered.

Home is a magical word; how often its memories appeal to the wanderer and bring him back. The children generally are of like disposition with their parents.

Children never should be rebuked for any odd fancies, or tastes, as long as they do not actually do wrong; the child who has a fancy for preaching to a cat, may afterwards become a world-renowned orator, enchainning vast audiences of his fellow mortals by his eloquence. Children never can be forced to like anything. They should always be allowed to follow the natural bend of their inclinations, if good.

Marriage is an engagement for life; it should not be lightly esteemed, nor hastily entered upon. Afflictions may, and will come, but each should bear the other's burdens.

A happy home is the liberal nursery of happy souls. A genuine patriot never came from an uncongenial family.

You all know the story of Washington and his hatchet. What a father he had; what influences must have surrounded him in early years! The influence of a pure fireside is eminently spiritual. Early influences last forever, and will show their effects in time, although they may, to all appearances, be lost. A

mother's influence is the most lasting of all—of this we have many remarkable instances. We conceive our first affection for our mothers, from her we receive our first fagg, and first seat; from her we learn our first word, and imbibe our first thoughts. The name of mother comes to us, like a sunbeam in the gloomiest days of life, and many a care-worn man, weary of the toil and bustle of the world, loves to fling them all aside and go back, in imagination to the days of childhood, and fancy himself again an innocent child on his mother's knee. The happiest days we ever have, are those of early years.

To have a happy home, marry the right woman, take the step leisurely, do not hurry about it. The patience and true affection of a woman is angelic. A man is made of sterner stuff than woman. His true nature will always show itself at home, however he may appear abroad. The true place for enjoyment is Home, and children trained aright, always cherish it with the deepest affection, and hold the name of mother in the highest estimation.

It would be vain to attempt to portray the influences of Home. They last forever, and make impressions for time and eternity. Those already at the head of a Home, should look well to their duties, and consider their responsibilities, and those who are contemplating the establishment of a Home, should look to it that they do all they can to ensure a happy one.

Mr Smith was nearly two hours in his delivery.

Wm Martin Chamberlain delivers the next lecture before the Union—Subject—the "Life, travels, and writings of John Kitto, D. D."

We would call particular attention to the notice below, on the part of the deaf mutes of Boston and vicinity. It is not often that they have an opportunity to hear a sermon from one so well qualified to deliver it in their own language, as is Mr. Gallaudet. [Ed.]

TO THE DEAF MUTES OF BOSTON AND VICINITY. My dear friends, I respectfully invite you to attend a service to be conducted by signs, in the Church of the Advent, the Rev. Dr. Bolles, Rector, at 3 o'clock P. M., on Sunday, Dec. 16.

THOMAS GALLAUDET.
New York, Nov. 9, 1860.

ACCIDENT.—Diana A. Miles of Townsend, Vt., in showing a lady visitor to the door, one dark and windy evening not long since, had the blaze of the fluid lamp she was holding blown upon her dress, which caught fire and before it could be extinguished, was badly burned about the hands and arms, face and neck. She has now got over the effects of the accident sufficiently to be able to work again at her trade, dress-making.

FATAL ACCIDENT.—Mrs. Albert Barnard, of Charlestown, Mass., whom we noticed in our last number, as having been severely burned by the upsetting of a fluid lamp, recently had a little girl, an interesting child about three years of age, scalded by the contents of a kettle of hot water falling upon her; the little sufferer lingered for about two weeks when death came to her relief.

PERSONAL.—Thomas Brown, President of the Gallaudet Association, is in town.

Amos Smith Jr., is in New York.

For the Gallaudet Guide.
THE TATTLER.

LETTER IX.

Mr. Editor:—A gauntlet is thrown at the Tattler's feet. He raises his eyes and beholds a stranger astride a prancing steed. He is in complete armor, with nodding plumes; his visor being down, the Tattler can't see his face; doesn't

know whether his nose is Grecian or Roman, hooked or pug. At any rate 'tis a gallant Knight; his arms seem quite elastic; his quill, nay, the Tattler means to say his lance, appears stout enough to unhorse his most humble servant. Now the Tattler learns from his trustworthy squire, the Dutch Rocking Chair, that the name of the Knight is J. Flournoy of sunny Georgia.

Since Sir Flournoy has challenged him to tilt with him, and as his old antagonist—the correspondent of the South Reading Gazette—has left the field and gone home, to regale himself on mashed potatoes and pumpkin pies, washed down with the purely vegetable beverage, cider, the Tattler picks up the gauntlet, this is to say, that he accepts the challenge.

Well, Mr. Editor, for this friendly joust, the Tattler will, however, confine himself to one of Mr. Flournoy's truly able points in his article in the November number of the Guide.

Mr. F. says:—"The flood itself was a miracle, and the preservation of the lives of animals analogous. They rested in a torpor, like the bear, in winter; and needed little food for that time the ark was borne upon the waters."

Was the Deluge a miracle? What is a miracle? It is a thing done contrary to the laws of nature. The flood was brought over the earth simply by the steady accumulation of the waters from the opened "windows of Heaven" and "all the broken fountains of the great deep." If Mr F knows aught of Chemistry, he cannot fail to see that the waters, which fell from the windows of Heaven, (an appropriate metaphor) were made of hydrogen and oxygen, which it appears, were gathered in immense quantities—in the upper regions of the firmament, purposely to deluge the world—taking it for granted that the clouds had not sufficient matter for this purpose. So the Tattler sees nothing in this like a miracle; nor does he discover it in the waters which came out of the broken up fountains.

Doubtless the latter was steam—so expansive—so impetuous—so terrific, that, as it rushed out, it caused the disorders in the surface of the globe which we now see. None can ever deny the existence of the boiling water far below.

Did the animals of the Ark rest in a torpor bear in winter? Mr Flournoy says so. The Tattler must give him credit for the beauty of his sophistry if he indeed fathered it.

Well, let us see what this text (Genesis Chap VI verse 21) says—"And take thou unto thee of all food that is eaten, and thou shalt gather it to thee; and it shall be food for thee and for them." Mr F is respectfully requested to explain the two last words of the text. There is reason to fear that Mr A (the correspondent of the South Reading Gazette) will not, even for the whole wealth of California, damage his theory by acquiescing in Mr F's idea that the elephants lions &c had the peculiar organization of the bear and snakes.

The only real miracle in the deluge was the docility of the carnivorous animals going in company with the innocent animals into the Ark, and their unnatural docility being quite at variance with their natural instincts, shows plainly that their natures were totally changed; and so were their appetites!

The Tattler trusts Mr. F. will now coincide with him that they all would as well rest in a torpor on the bare earth instead of the Ark, which cost Noah so many cheerless years in constructing; this miracle preserving their vitality and gravity during all the time of the flood.

As regards Mr. F's other points, he may probably have an opportunity to read in my other articles published in the Gazette, the Tattler's opinions on the same topics.

RAPHAEL PALETT.
New York, Nov. 1860.

The Editor will please allow me to address my fellow subscribers of the Guide.

MY GOOD FRIENDS: You have read the editor's notice in the last number, stating his intention to enlarge and improve our paper, and to increase the price of subscription in January next. I am sure you all feel glad to learn that the paper will be improved both in

size and matter; but will you agree to the proposed increase of our subscription fee? do not hesitate to presume you will say YES!

In a pecuniary view, his services which he has tendered to our paper with so much intelligence, zeal, and ability have not been sufficiently appreciated but by our hearty acquiescence in his modest proposition he will be enabled to attend to his duties with a lighter heart and a heavier purse.

I have sent him word that I would continue my paper. So follow ye my example, my friends!

Shout boys, Live long
The Gallaudet Guide!

R. P.

P. S. The Honest Rail Splitter is elected President of the United States. My favorite candidate—John Bell—is sadly cracked; Douglas has gone up Salt River to see his mother, and Breckinridge gone by the same route to the hotel in the Mammoth Cave, to regale his flesh and spirits.—"Zounds! what's the noise?"

Methinks that one of the columns of our Temple of Liberty is cracking," cries the Tattler.

The Dutch Rocking Chair, his face one yard long,—answers:—"the column we indeed hear cracking is South Carolina."

"Will the whole structure fall down?" inquired the Tattler.

"Likely it will, unless the Union men hasten to prop the noble fabric, and repair the breach in the column," answered the chair, looking up at the tottering edifices at Pompeii, in the picture above the mantel-piece in our dining room.

R. P.

Near Athens, Sept 30, 1860.

WM. M. CHAMBERLAIN:—Dear Sir:

The following is a copy of a memorial I have written and placed in the hands of our Representative, Hon. James Jackson, for presentation to Congress, early in December. It is sent you, that if any of our class within your reach would like a similar petition, they may do so, and send it before the Congress meet, by the Representative from Massachusetts, residing at Boston, who will meet and confer with Mr. Jackson, at Washington;—

To the Honorable the Congress of the United States—House and Senate.

The memorial of John James Flournoy, deaf mute, now residing in the State of Georgia, respectfully sheweth:

That there are several deaf and dumb persons in the United States, having education, but in poor circumstances, who are incapable of competing with hearing persons in the means of making a living other than manual, and secondary to the leading ones, employed by Capitalists, which is that of common mechanic, or laborer; incapable from prejudice or want of situation of capacity (for none are tested) of election by the people, preferment by Government, or the usages of a profession—of having offices or emoluments, and thus contracted to the means of a day or job laborer:—that your petitioner believes his unfortunate class of people are capable of performing many things denied their ability. But that there is no possibility of putting to effect our powers derived from education, except we could settle some territory out West, have a community of our own; and build up some small state, the Government of which being in ourselves, (the deaf and dumb) by our management, may exhibit our capacities and sources. That unless the right to the preemption and Government of such a Territory be accorded us, by the Congress and Executive, we would have no sufficient chance of evincing capacity.

Your Petitioner therefore earnestly invokes the deliberation of the Congress. In the West yet unchanged unto States, may be tracts of land in a territorial condition, adapted to this purpose. We pray that about forty or fifty square miles

may be permitted us to select and lay off for a state and Government, devoted to the control and settlement, subject to the payment of the Government price per acre, of the deaf population of the United States and Europe, and subject, like other States, when admitted to a Republican form of Government, and to the constitution of the United States: and to be a reservation for our use and Government.

And so your petitioner will ever humbly pray.

JOHN JAMES FLOURNEY.

For the Gallaudet Guide.

A CHEWY QUID OF PHILOSOPHY.

R. P. in the last No. of the Guide sends me a quid of philosophy to "chaw" for him, which he represents as being an extract from the New York Observer.

For his own gratification more than anything else, I'll "chaw" it a little for him.

Being a reformed smoker as well as chewer, I will find the less difficulty in performing the task.

I do not think there is much hazard in placing myself in opposition to the current of prevailing and long established habits. Let the cry of ultraism, or the frown of indignation come from whatever circle it may, my spirit will not quail, nor remain silent. I well know that if I were to appear as the apologist of Tobacco, smiles and blessings would attend me, and garlands of praise from those dreamy beings who sit amid clouds of Tobacco smoke, would be showered on my path.

Then how grateful, and how pleasing,
"To sing the praises of that glorious weed"
Dear to mankind, whatever his race, his creed,
Condition, color, dwelling, or degree!
From Zembla's snows to parched Arabia's sands,
Loved by all lips, and common to all hands.
Hail, sole cosmopolite, tobacco hail!
Shag, long-cut, short-cut, pig-tail, quid or roll,
Dark negro-heads, or Orinooka pale,
In every form congenial to the soul.

But smiles and blessings I will not purchase at such a price.

I do not deny that smoking among old persons, who have from early youth indulged their craving appetites in it, is enjoyed without a sentiment of pleasure. The pleasure it affords is of short duration, and is succeeded by languidity, by no means productive of any good whatever, but rather fraught with evils.

There are constitutions that cannot and do not undergo any perceptible outward change by using this narcotic weed in the form of smoke, but no one can infer from this, that it does no harm, for it is impossible that man can inhale the effluvia of such a poisonous weed as tobacco, with ut injury, either corporal or mental; smoking as well as chewing has its evils.

It possesses next to opium the most narcotic and conscience drowning power in existence. It's genius is properly bacchanalian, sensual, and deleterious to all the dignity of man, in low life of savages and bows not only,

"In courts and palaces he also reigns,
And in luxurious cities, where the noise
Of riot ascends above their loftiest towers,
And injury and outrage; and when night
Darkens the streets, then wander forth the sons
Of Belial, flown with insolence and wine."

"Tobacco's curling fumes, or covert quid,
Or pungent dust, assists them in their courses,
Congenial with ebriety and noise,
The prompter of profaneness, folly, crime."

Thousands upon thousands of young men, who get a little discouraged in some undertaking, or are annoyed by conscience, and unfortunately have too little brains to muster courage and battle against little reverses, without thought resort to the remedy nearest hand which is smoking. Alas, poor souls, thou knowest not the train of evil consequences that will inevitably follow such rash indulgence—enthusiasm and depression of

spirit follow in alternate and rapid succession, causing the appetite to crave for a still more powerful exhilarant which is found in all intoxicating beverages, and which are in close congruity with tobacco.

After a person has "enjoyed his cigar," he feels his mouth coated with a disagreeable mucous saliva, which in a great measure blunts the sensibility of the gustatory organs.

It is impossible to enumerate the reasons for which so many young men and boys indulge in smoking; some do it because it is "fashionable"—others as they think to make "gentlemen" of themselves, but which in reality makes nothing more than strutting fools of them; and I am ashamed to acknowledge that it was the latter that induced me to try it.

The breath of a smoker is sickening and repulsive in the extreme—approaching in fetidity the deadening stench that is thrown out of the mouth of the enraged cobra di capello. This is not all, his whole body, and clothes, from coat down to shoe-strings, are infected with it, and even whatever he touches smells of it.

It is insulting almost beyond endurance for one who indulges in smoking to stand or sit close to a lady, or gentleman, or any one who does not smoke, and breathe into their faces his poisoned breath.—What a depraved, loathsome specimen of the genus homo he is!

The cost of cigars is five times that of chewing tobacco. An inveterate smoker will smoke on an average of five cigars a day worth from five to twenty-five cents, or more according to quality; amounting in one year from \$20 to \$100 what a useless waste of money; as all who smoke, exclaim with one voice, fumo, fumavi, fumabo. It cannot be hoped that the habit, however injurious, will ever be rooted out, so I give the subject up in disgust.

EN AVANT.

Livingston, Nov. 5, 1860.

MR. EDITOR: I do not remember anything has been said in your paper, of the contrivances by which deaf persons may obviate or remedy some of the dangers and inconveniences attendant on their privation. Permit me to start a discussion on that subject, hoping that others will follow it out, and hence benefit to our fraternity will result.

Deaf persons are so much at disadvantage in the dark, that they ought always, at least when liable to meet strangers in strange places, carry in their pockets materials for getting alight; as a small tin box of matches and a little pocket lamp or lantern. One cogent reason is, we cannot recognize persons by their voice, and therefore need to see their faces. The reader's own reflection will readily supply other reasons.

Whenever deaf persons, (as often happens to those living in the country at least,) have to walk along a road after dark alone, if they have no lantern, they ought to carry a pole, extending a few feet before and behind, which will prevent their running unawares upon a team in front, or being run down by one in behind. Once, neglecting this precaution, I was knocked down in the road, and somewhat hurt, but, fortunately, rolled to one side, clear of the wheels.

In the daytime, it would be useful to carry a small mirror, which being held up in front, (in the head of a cane for instance) would enable you to see anything approaching behind, (or any signals made to you from that side) without the necessity of continually looking round. Then you could see both before and behind at once; a great advantage in many circumstances of difficulty and dangers.

I have not time now to pursue the subject; but may recur to it hereafter.

J. R. B.

For the Gallaudet Guide.

THE AMERICAN ASYLUM AT HARTFORD.

MR. EDITOR:—Your correspondent "Reynard" takes me to task in the August Number, for advocating the continuance of New England patronage to the American Asylum. Bowing with all due deference to so much wisdom, (the argument I did not see, owing to its slipping the mails, until your kindness forwarded me an extra copy,) I must say that, as yet, I remain unconvinced of the propriety of educating our class of people in local institutions, or near every door. Reynard has not answered my argument, that the facilities of large institutions are better than those of small, which argument is one of the most important that sustains the integrity of the American Asylum. He merely adduced new matters for fact, to which I see no point, for he has not given a definite shape to them, nor, in comprehensive or philosophical logic, is there any light thrown upon the subject. I wish to give Reynard a categorical and succinct reply.

In a former allusion to the contemplated school in Mass., he observed that numbers embarrassed and deterred education. I in reply, pointed to the colleges in Germany, which turn out some of the ablest scholars in Europe. In answer, REYNARD "turned a somersault" and stigmatized members as inducing immoral habits, the dull, &c. This is no answer to my argument, which had reference to one fact, viz:—that numbers do not prevent consummate education, on the contrary, from extent of patronage and consequent facility to employ men of ability, they advance and improve institutions.

But to REYNARD's new position, that the pupils at Hartford are immoral; "strange rumors" prevailing about them. I can say that Hartford, in this respect, does not stand alone, nor is the basis of these reports of a recent date. When I was there in 1826, '27 and '28, I heard of theft, attempted lechery and other faults, under even the "regime" of the venerated Gallaudet and Clerc; these, however, were immediately suppressed, and guarded against. In what respect has the demoralization increased in the present age? It is not a matter of numbers, but of police, and if the Asylum would model after the Colleges of the land, a peremptory dismissal will follow all crime, and thus moral be purified or secured. Mr. Gallaudet never expelled the felonious, nor, I think, does Mr. Turner. Increased rigor is all that is needed, or a separation of the sexes in different departments of tuition. Necessity is the mother of expedients.

If the German students be no pattern for us, what will REYNARD say if I substitute the English Universities of Oxford and Cambridge? They each have several colleges or "families" of learners, and the number of them is about as respectable. What has he to say concerning the morals of these last mentioned? Even Yale College, not far from him, what is its reputation? We know it usually has more boys than any other American College. I think the sneer about German students fully answered.

Education does not, indeed, depend upon numbers, but on facilities—on the ability of the instructors, and most of all, on study, industry, and patience of the pupil. I did not say that numbers of themselves, make any school admirable, but, that numbers signifying patronage, this latter affords superior means. If Boston have an Asylum, she must divide with Hartford, and other New England States may follow suit. Thus the means will be contracted by the degree of patronage, and able scholars will not be prevailed on to teach for contracted salaries! But REYNARD calls the teachers at Hartford insufficient; this is news to me. I hitherto thought them old, qualified, and very efficient. REYNARD, however, does not seem to know much

about the real philosophy of Education. I am, in the fullest sense, a self-made man—my own industrious reading, persevering study, absolutely unremitting and even night long vigils, since the Hartford times, constituted me, by the Grace of Christ, what I am. Does this slight insight into my history, teach REYNARD nothing? It teaches any thinking philosopher much, that it is by the almost and altogether voluntary study of the pupil that his education can be perfected. I am a life long reader of newspapers.

Reviews and books occupy a part of my time, but the paper has ever, from early boyhood, been my especial companion. What a lesson is conveyed here to all the Asylums and Academies of the Land, to put a periodical sheet into the hands of every pupil, and to insist upon his reading it during the intervals of school! It is by becoming inured to reading; it is by this indefatigable dint, that the boy improves beyond the school-house and becomes the man.

Now, applying this to the deaf-mute pupils at Hartford, it is not so much the want of efficiency in the instructor, as a want of industry and interest in reading in the scholar. The newspaper will keep this matter, if once a person can "be made to feel an interest" in its miscellanies. So it is not want of ability or efficiency in the teacher, but a lazy indifference about reading on the part of the pupil, who hates its weariness, that gives this occasion for censuring Hartford.—Deaf-mutes that will read, become our shining, our "bright lights." "Heaven helps him that helps himself." Deaf-mutes that never care to look into a book, who are always practising, with fondness, the unsyllabic language of signs, eschewing all else, these fellows become dunces. Two of my mute neighbors, Neisler and Ross by name, were sent to Hartford for six or seven years; Neisler was fond of reading, Ross I never saw look into a book or paper! Neisler is an intelligent man; Ross is not capable of writing connectedly. I hope, without a desire for unnecessary debate, that Reynard and his Boston friends will see the point I give, and answer me by a definite argument, instead of by pointless assertions. Man mainly, often altogether, teaches himself. David Crockett, the Tennessee backwoods congressman, had only six months schooling, yet he showed himself somebody. He would have stood eminent among our great intellects, had he been fond of reading and of study; but, like most of our peasants, Crockett never liked to read much nor to study any science. Henry Clay elevated himself, alone, into the most matchless of orators. He spoke in barns and stables (a la Demosthenes by the sea side) and had for auditors, horses and cows. No school polished, with its rhetoric and declamation, the eloquence of Clay.—Daniel Webster read when a mere urchin, the National Constitution on a cotton handkerchief, and he became the brilliant expounder of that instrument, whose aid, to-day, a Nation misses.

John C. Calhoun, once nearly read himself to death in two months; two of the books he read were "Locke's Essay on the Human Understanding" and "Robertson's History of Scotland."—Thus, by early self effort, those brilliant spirits made themselves what they were.

Hartford can only act upon the principle of that science in medicine—the illness by the *Vis Medicatrix Nature*, the assistance which the physician gives to Nature. She can only show, direct and assist the intellect on its way. She cannot impart Genius. Let Mr. Turner, in behalf of the Asylum, subscribe for some fifty newspapers, and enforce their leisure reading, and the cry of "insufficiency" will cease forever.

J. J. F.
Athens, Geo., Nov., 1860.

REPORT OF THE COMMITTEE ON EXAMINATION.

We, the undersigned, having attended the examination of the Deaf and Dumb and Blind colored children under the tuition of Dr. P. H. Skinner in the village of Niagara City, N. Y., have great pleasure in attesting to the general proficiency of the pupils. The Blind children read with considerable ease from the raised lettered volumes issued by the Bible Society; their acquaintance with English Grammar was tested, and their progress was pleasing; in the Sign-Language the Deaf and Dumb answered with ease and grace, and committed to writing on the Black Board appropriate replies to every question proposed.

The children are acquiring the art of Printing; they can set up the types and perform all the other operations essential to the trade of Printing with remarkable facility and accuracy. They are also acquiring the Elements of Arithmetic; and their knowledge of Divine Truth must gratify every benevolent mind.

We recommend very cordially Dr. Skinner and his Institution to the sympathy and benevolence of the public assured that in contributing to aid this enterprise they will appropriate their money to a most deserving object and help to sustain and cheer an unjustly vituperated man.

Niagara City, N. Y., Aug. 10, 1860.

Signed, ALEXANDER MCCOLL,
Pastor of the Pres. Church,
Niagara Falls, N. Y.

DERWIN W. SHARTS,
Pastor of Cong. Church,
Niagara City, N. Y.

We publish the above article for the benefit of whom it may concern; while we are inclined to know more than we do at present of the school spoken of.

The following notice we clip from the "American Annals" for July:

"There is a school for deaf, mute and blind children of the African race, at Niagara City, N. Y., under the care of Dr. P. H. Skinner, who publishes also a semi-monthly paper, entitled "The Mute and Blind," printed by himself, with his mute and blind assistants and pupils. Dr. Skinner first started a school at Washington City, which was the occasion of the establishment of the Columbia Institution. Complaints were there made of him and his school, which he maintains were gratuitous and prompted by unworthy motives.

"Dr. S. is in error when he declares that colored children are excluded from all schools for deaf-mutes except his own. Such is not the fact. Not only is there no bar to their admission into some, if not all, institutions for the deaf and dumb in the non-slaveholding States, with but one exception in our knowledge, but we do not remember the time when there have not actually been in the Asylum at Hartford, one or more children of this class; and perhaps the same might be said of New York; at least we know that numbers of them have been educated there.

"Dr. Skinner's paper is furnished to subscribers at one dollar per year, and the profits from this source, together with donations, are the means by which the school is supported."

Dr. S. does not say that colored children are excluded from all schools for the deaf and dumb except his own, but he says, "New York and the New England States alone educate the mute and blind colored children belonging to their respective States," which is an error of itself. [En.]

A GREAT REFORM COMMENCED. We are pleased to find that the practice of having the scholars learn all their lessons during school hours has been adopted in a portion of our public schools, and it will, doubtless, be extended to them all. We hope that this step is but the beginning of a great reform, and that the whole practice of stuffing the mind with a mass of undigested matter will be abandoned. An eager desire to make a great show for the time or for the money expended is the most pernicious vice of the age.

AUTUMN IN THE HILLS.

Time is on the autumn yellow,
Short will be the golden days,
Sad and short the glory mellow
Of the calm October haze.

Paint for me the glory dying,
Swift must fly the pencil bold
That would seize the splendors flying,
O'er the autumn's cloth of gold.

Up the rugged-edged horizon,
Catch the changes as they creep,
In chromatic ridges rising,
From the valley shadows deep.

Purple-mantled sits the mountain,
Cushioned on the yellow vale;
Silver-stemmed beside the fountain
Gleams the lamp of the birch-tree pale.

Through the golden, hazy reaches,
Radiant bars of sunlight come,
Slanting down among the beeches,
Where the wood-grouse rolls his drum.

In the trembling light the spruces
Waver on the hill-side old,
Revelers in the velvet raiment,
Overlaid with larchen gold.

Oh! like dreaming, is the gleaming
Of the autumn-tinted hills;
Sketches, darker grows their beaming,
While thy hand the picture fills.

Passing in the autumn yellow,
Short will be the golden days
Of the Indian Summer mellow,
And the bright October haze.

For the wild-fowl's trumpet ringing,
Overhead the silence breaks,
See the phalanx southward winging
From the marshy northern lakes.

Clouds are curling, smoke is whirling,
Rain is in the driving racks;
Comes a hand the dead leaves hurling,
Dreary days are on our track.

CENSUS ITEMS.—The late census-takers have gathered many curious items, among which are the following: In upper Aroostook, Me., is a family of 27 children. In another family are 16 children, all living at home, and the mother but 40 years of age. In Van Buren Co., Iowa, the census-taker found one woman with three daughters, all a month old on the first of June; they were named Iowa, Illinois, and Indiana. In Derry, N. H., is a family which, until recently, consisted of five persons, in which there has not been a birth, marriage, nor death for 59 years. In Cherokee Co., Ga., lives a white man 136 years old. And in New Milford, Ct., are two maiden ladies who are each two years younger than in 1850.

For the Gallaudet Guide.

CASTLES IN THE AIR.

BY CRUSTACEOUS.

What a vast field of thought is here laid open to the imaginative mind. "Castles in the Air," what are they? They are visionary nothings; a stretch of an elastic imagination, by which the poor can become rich, and the rich poor; in fact, one "giving airy nothings a local habitation and a name" can turn the merest dross to gold and can make a diamond out of the roughest pebble. To hear one talk, or read the writings of one of this class of dreamers, you would (if you believed them,) think that still more marvelous things than these were first on the statute book of Nature. Although some style her a fickle dame, I, for one, am not prepared to believe that she can transgress so grossly as this, and my voice and pen shall speak and write for real, substantial, well authenticated realities, and against these ethereal vapors.

This is a real world we live in. It was not made by chance, (if it was, chance made a luckier hit than has since been recorded,) and I am inclined to believe that everything was created by the great God after a well-matured plan, and upon some philosophical basis. Therefore, what right have we—mere pigmies that we are, to undertake anything without first consulting the laws of nature or philosophy, either in "thought, word or deed?"

Charles Lamb once said, "let people build castles in the air; the keep of such castles cost nothing." All very good, but I incline to the opinion that if a person is a visionary it will keep him from doing anything substantial all the days of his life. I have seen it illustrated in several instances.

Builders of "castles in the air," cease, and come down from the imaginative to the real.

RULES FOR PRESERVING HEALTH.

Have a constant supply of pure air.
Take a sufficient quantity of nourishing food, rightly taken.
Keep yourself very clean.
Take sufficient exercise in the open air.
Morning (after breakfast) is the best time for exercise in the open air.
Have a right temperature within doors, (say not less than 70 or 75 degrees).
Take a sufficiency of cheerful and innocent enjoyment.
Keep yourself exempt from harassing cares as much as possible.
Be careful not to dress too tight.
Keep yourself erect in walking, sitting or standing.
Do not stoop your shoulders always.
Do not bend your body, nor flex your knees, nor bring your head forward, while lying in bed; but keep yourself straight, and if possible, sleep upon your back without any pillow.
Do not use high bolsters and pillows, for it will cause you to be deformed.
Accustom yourself to lying on your back, with the head thrown back, nearly level with the body; and you will soon find it the most comfortable position, as well as the most healthy. Conform strictly to these directions and you will be rewarded with a beautiful figure.

Keep your chest full and well-expanded.
Be careful not to be exposed to an atmosphere loaded with dust too often, for inhalation of dust or other foreign bodies is one of the causes of consumption.

Flannel should be worn next to the skin, for it will keep the body cool and comfortable, even in the hottest weather, having the power of absorbing perspiration and surplus heat from the body.

Change frequently the clothing next to the skin.

When you are in a state of perspiration, you should never expose your body to a cold, damp atmosphere; for cold causes the large drops to coagulate, closes the pores, and obstructs perspiration.

Keep your feet warm and dry.
Guard against cold or wet feet, for they will cause consumption or inflammation of the lungs, diseases of the stomach and bowels, and other complaints.

Never have a current of air (dry or damp) blowing directly on your bed, while you are asleep.

Never have the windows or door open in raw or damp weather, when you read, work, sit, &c.; for it will cause rheumatism, colds, neuralgia, sore-eyes, erysipelas, &c.

Take your meals at regular hours.
The breakfast should be light, and should be taken at 6 1-2 or 7 o'clock, A. M.

Noon (12 or 12 1-2 o'clock) is the proper time for dinner, which should be a digestive one, and not too rich.

Suppers should be very light, and should be taken at least three or four hours before retiring to bed.

Late suppers are extremely injurious, and should never be indulged in, upon any account, as they have a tendency to render sleep unrefreshing, and, ultimately, induce diseases of the digestive organs.

Eat not too frequently; neither too unfrequently.

Three meals a day is sufficient, without any pampering with confectioneries, cake, or fruits, between meals.

Never permit the evening to be spent in cracking and eating nuts or fruits. Thousands of persons are literally killed by this habit of continual eating.

Let fruits, nuts, cakes, &c., if given at all, constitute a part of our regular meals. The times of eating should be regular.

Do not eat a variety of dishes at the same meal.

Take a bath as often as convenient.

Towels should always be provided for a bath, so that we may wipe our bodies dry, after bathing. Chilliness will ensue on coming out of the water, if it is left to dry on our bodies, or if we put on our clothes without wiping ourselves perfectly dry with a coarse towel.

Never remain too long in the water while bathing, for more injury than benefit may result from it.

Active exercise consists in walking, running, leaping, riding, rowing, skating, swimming, dancing, &c., and the passive exercise consists in carriage-riding, sailing, friction, swinging, &c.

FISH AS AN ARTICLE OF DIET.

It is admitted that fish supply an article of diet at once palatable, nutritious, easy of digestion in most cases, and conducive to good health. But what are their nutritive qualities as compared with other kinds of animal food? whether different species of fish differ materially in degree of nutritive form? and whether, as food, fish possess any peculiar or special properties? These are questions of great interest to consumers of fish, but to which it is even yet difficult to give a satisfactory answer. An inquiry into these points was made, a few years ago, by Dr. John Davy, inspector general of army hospitals, &c., the results of which he read before the Royal Society of Edinburgh. Taking for granted the proposition "that the nutritive power of all the ordinary articles of animal food, at least of those composed principally of muscular fiber, or of muscle and fat, to whatever class belonging, is approximately denoted by their several specific gravities, and by the amount of solid matter which each contains, as determined by thorough drying," Dr. Davy subjected portions of several species of fish, and also several kinds of meat and other alimentary substances, to the test of very accurate processes, in order to ascertain their several nutritive powers. The following tables show some of the results, the fish, selected from those upon which Dr. Davy experimented, being either common to both shores of the Atlantic, or quite similar to fishes known by the same name among us:

Species of fish.	Specific gravity.	Solid matter per cent.	Time when obtained.
Haddock	1056	20.2	August.
Hake	1054	17.4	October.
Pollock	1060	19.3	October.
Whiting	1062	21.5	March.
Common cod	1059	19.2	April.
Mackerel	1043	37.9	October.
Salmon	1071	29.4	March.
Trout	1053	22.5	March.
Trout	1050	18.7	October.
Smelt	1060	19.3	March.
Eel	1034	33.6	June.

Kinds of food.	Specific gravity.	Solid matter per cent.	Time.
Beef, sirloin	1078	26.9	March.
Veal, loin	1076	27.2	Nov.
Mutton, leg	1069	26.5	Nov.
Pork, loin	1080	30.5	Jan.
Com'n fowl, breast	1075	27.2	Nov.
Grey plover, breast	1072	30.1	Nov.

"These results," says Dr. Davy, "I wish to have considered merely as approximate ones. Casting the eye over the first table, it will be seen that the range of nutritive power, as denoted by the specific gravity and the portion of solid matter, is pretty equable, except in a very few instances, and chiefly those of the salmon and mackerel; the one exhibiting a high specific gravity, with a large proportion of solid matter; the other, a low specific gravity, with a still larger proportion of matter, namely: muscle and oil, and, in consequence of the latter, the inferior specific gravity."

Oil also abounded in the eel, and hence the large amount of residuum it afforded.

Comparing, *terratim*, the first table with the second, the degree of difference of nutritive power of those articles standing highest in each, appears to be inconsiderable, and not great in most of the others. Thus the salmon, the mackerel, and the eel contain more solid matter than beef; and the specific gravity of salmon is greater than that of mutton. These results are certainly surprising, and not in accordance with popular and long-received notions.

"That fish generally are easy of digestion," proceeds Mr. Davy, "excepting such as have oil interfused in their muscular tissue, appears to be commonly admitted as the result of experience—a result that agrees well with the greater degree of softness of their muscular fiber, comparing it with either that of birds or of the mammalia, such as are used for food. A more interesting

consideration is, whether fish, as a diet, is more conducive to health than the flesh of the animals just mentioned, and especially to the prevention of scrofulous and tuberculous disease. From such information as I am able to collect, I am disposed to think that they are. It is well known that fishermen and their families, living principally on fish, are commonly healthy—may I not say above the average? and I think it is pretty certain that they are less subject to the diseases referred to than any other class, without exception."

This statement is proved by reliable statistics, collected with care by Dr. Davy, who proceeds to remark that if this exemption be mainly owing to diet, and that a fish diet, it may be presumed there enters into the composition of fish some element not common to other kinds of food. This element is believed by him to be iodine, distinct traces of which have been found in every instance in which he sought for it in sea-fish, though not so strongly marked in the migratory fish, and not at all in the fresh-water fish. The medicinal effects of cod-liver oil in mitigating, if not in curing, pulmonary consumption, appear to be well established, and as this oil contains iodine, the analogy seems to strengthen the inference that sea-fish generally may be alike beneficial.

In concluding this imperfect notice of fish culture, which we hope to follow by a second in the next Report, we refer to those readers who may have become interested in the subject, and who may desire to obtain further information as to many points upon which the space here accorded will not permit us to be more explicit, to two works, which are easily accessible to American readers, and which they will find useful assistants in practical fish breeding. They are, "A complete Treatise on Artificial Fish Breeding," &c., published originally in 1854, by D Appleton & Co, New York; and "A Treatise on the Artificial Propagation of certain kinds of Fish," &c, by T Garlick, M D, published at Cleveland, Ohio, by Thomas Brown, 1857.

WOODEN SHOES.

Experience has shown that a number of diseases often resulting in impaired constitutions, and even in the loss of life, have been contracted by a portion of the farming and laboring population in consequence of wearing leather shoes, when engaged in their operations during cold weather or in wet situations. To prevent those evils to some extent wooden shoes are extensively worn in France and Germany.

They are highly recommended by the agricultural societies and governments of Europe. Impressed with their importance, the board of commerce and trade of Württemberg, called a practical workman from France to give instruction in their manufacture. The person now recommended by the board of agriculture of Württemberg is Wilhelm Baumann; of Obersonthem, Oberamt Gaildorf, Württemberg. Not allowing water to penetrate, as leather shoes do, they are naturally dryer, capable of keeping the feet warmer, prevent diseases, by promoting the requisite and salutary perspiration, and are regarded to a great extent, as life-preservers, even in such cases where salt baths, the use of wheys, and other medicaments, proved quite ineffectual. There is hardly an operation on the farm and about the farm house in which they could not be profitably used. They are most economical about stables, where leather shoes are exposed to the destructive attacks of dung-water, in plowing, mowing, harvesting, in doing earth-work in vine-yards, chopping wood, and in marketing. With these advantages, in a salutary point of view, they combine such durability as to last almost a lifetime. They are light and easy to wear, being provided with a small cushion on the upper side, within, so as to obviate any pressure on that part of the foot. They are of a neat and pleasant appearance, either of their natural color, or blackened or varnished. Their size is large enough to allow the wearing of comfortable stockings; in addition to which they are provided with leather straps. Their price ranges from fourteen to thirty-six cents. Shoes for children being still less. These advantages will certainly entitle them to the attention of a portion of the farming, manufacturing, and laboring population of the country.—Patent Office Agricultural Report.

REWARDED FOR SERVICES.—The City Council on Monday evening passed resolutions approving the action of the police in the late burglaries, and in testimony of their appreciation of the services rendered they voted 100 dollars to Wooster Smith, Esq., the fortunate man who "brought" the burglar, and a like sum to Marshal Westcott for his persevering efforts. We understand that private citizens have made subscriptions for a testimonial to Sheriff Smith, whose coolness and bravery deserve commendation. [Newburyport Herald.]

Love one human being purely, and you will love all. The heart in this heaven, like the wandering sun, sees nothing—from the dew-drop to the ocean—but a mirror which it fills.

FLOWERS.

God might have made the earth bring forth
Enough for great and small,
The oak tree and the cedar tree,
Without a flower at all.

He might have made enough—enough
For every want of ours;
For luxury, medicine and toil,
And yet have made no flowers.

Outward life requires them not;
Then wherefore have they birth?
To minister delight to man,
To beautify the earth.

To comfort man, to whisper hope,
Where'er his faith is dim;
For whose careth for the flowers,
Will much more care for Him.

EMPLOY YOUR TIME PROFITABLY. In that excellent volume published a few months since, entitled "Self Help," by Samuel Smiles, of London, we find the following in reference to the employment of odd time for study. The writer says:

"With perseverance, the very odds and ends of time may be worked up into results of the greatest value. An hour in every day withdrawn from frivolous pursuits would, if profitably employed, enable any man of ordinary capacity very shortly to master a complete science. It would make an ignorant man a well-informed man in ten years. We must not allow the time to pass without yielding fruits, in the form of something learned worthy of being known, some good principle cultivated, some good habit strengthened. Dr. Mason Good translated Lucretius while riding in his carriage in the streets of London, going his rounds among his patients. Dr. Darwin composed nearly all his works in the same way while driving about in his "sulky" from house to house in the country, writing down his thoughts on little scraps of paper, which he carried about with him for the purpose. Hale wrote his "Contemplations" while traveling on circuit. Dr. Burney learned French and Italian while riding on horseback from one musical pupil to another in the course of his profession. Kirke White learned Greek while walking to and from a lawyer's office; and we have personally known a man of eminent position in a Northern manufacturing town, who learned Latin and French while going with messages as an errand boy in the streets of Manchester."

HOLD ON.—Hold on to your tongue when you are just ready to swear, or lie, or speak harshly, or use any improper word.

Hold on to your hand when you are about ready to strike, pinch, scratch steal or do any improper act.

Hold on to your foot when you are on the point of kicking, running away from study, or pursuing the path of error, shame, or crime.

Hold on to your temper when you are angry, excited, or imposed upon, or others are angry about you.

Hold on to your heart when evil associates seek your company, and invite you to join in their games, mirth, and revelry.

Hold on to your good name at all times for it is more valuable to you than gold, high standing, or fashionable attire.

Hold on to the truth, for it will serve well, and do you good forever.

Hold on to your virtue, it is above all price to you in all times and places.

He that has no pleasure in looking up is not fit to look down. Of such minds are the mannerists in art; in the world tyrants of all sorts.

Florence Nightingale, who should be authority, thinks the effect of the piano and instruments that have no continuity of sound is not beneficial to the sick, but that stringed instruments, accompanied by the human voice, and the plaintive tunes upon the hand organ, will soothe and tranquilize them. This much for the organ grinders.

In Steubenville, Ohio, which is not a large place, 250 persons have died of diphtheria, in 1860. Three-fourths of the number were children.

Water gas, as has been proved in Philadelphia, can be made for 50 cents the 1000 feet, and the company making it offer to sell it to the city for 75 cents per 1000 feet.

Miss Ormsbee, of Warren, R. I., who has been blind and dumb for fifty-five years has recently had her speech restored.

Nothing dries sooner than a tear.
Scarlet, silk and velvet have put out the kitchen fire.

Hunger never saw bad bread.